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Department of Agriculture
Wednesday, Sept. 9, 1931.

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HOUSEKEEPERS' CHAT

(NOT FOR PUBLICATION)

Subject: "More About School Clothes." Information from the Bureau of Home Economics, U. S. D. A.

Bulletin available: "Suits for the Small Boy," and "Play Suits for Winter". Mimeographed recipes for using green tomatoes available from the Bureau of Home Economics, U.S.D.A.

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Let's see. Where did we leave off last week when we were discussing school clothes for little girls? Outside wraps? That was it. I believe I was just starting to tell you what Miss Scott advised about winter outer garments--what small girls should wear over their cotton school dresses to keep warm and comfortable when the north wind blows.

For fall days when there's a little chill in the air, sweaters and quite satisfactory for either boys or girls. They are warm and light in weight and, like all knitted garments, they are elastic and allow for freedom of movement.

When winter sets in, however, and the snow begins to fly, then it's time for a warmer outfit. Sweaters are so loosely woven that the cold wind can easily penetrate the fabric.

Please note that I spoke just then of a warmer outfit, rather than a heavier one. In this day of enlightenment we no longer mention heavy coats as desirable. The scientists have taught us better. I'm sure Miss Scott would be scandalized at the very thought of any growing child carrying around the weighty overcoats that were sometimes worn when I was small.

Warmth and weight, we've learned, are not the same thing. In fact, a light-weight, fluffy, wool material is often much warmer than a heavy closely woven fabric. The same holds true of blankets, as you may have observed. That heavy old army blanket of Uncle Tim's that seems to weigh a ton when you get under it, is not only uncomfortable but actually doesn't keep in the heat half as well as the fluffy, light one that feels like down.

The best materials for coats are light in weight but possibly heavy in appearance, due to the weave and finishing process. Heavy coats weigh down shoulders and are likely to cause a child to slump when walking, instead of carrying himself in natural good posture.

The cut of the coat also has a good deal to do with posture. A coat which is cut too high in the back of the neck, for example, acts like a yoke

of harness forcing the head forward. This naturally tends to give a depressed chest and round shoulders.

Why did little Tommy Tucker always walk to school slowly with his eyes on the ground, why didn't he join in the games with the other boys, and why did he often seem so listless and discouraged? Probably that great bulky overcoat that never fit him had a lot to do with it. After all, what child can play happily and successfully wrapped in a garment that weighs almost as much as he does?

Miss Scott suggests that it would be a good thing if all school children would wear a one-piece play suit like the ski suits grown-ups are wearing for winter sports--a suit with slide fastenings and long, bloused legs that fasten comfortably over overshoes and won't let a bit of snow in anywhere. Such an outfit is practical for both little boys and little girls, especially if they are going to play in the snow going back and forth to school.

But, as it is a new type of garment, the child's attitude must be considered in regard to it. Children at school age want to dress like their fellows. They have a horror of being conspicuous or different and of being ridiculed by their companions. Sometimes even a comfortable outfit like this will not make them happy unless other children are dressed the same way. But if the mothers in the neighborhood get together on this clothing problem, such troubles are not likely to arise.

If coats must be worn, here are few suggestions for their selection: First, see that they set well at the neck and across the shoulders. Second, select a loosely fitting coat or coat pattern, preferably with raglan sleeves or at least with large arm-holes. Third, select a soft, light-weight coat rather than a stiff, heavy one. Fourth, provide pockets. There should be a handy place for the handkerchief. Fifth, use fasteners that are easy for the child to handle--large buttons or slide fasteners.

So much for outside wraps. What about suits for the school boy?

It's quite a problem, this outfitting the young men of the family in clothes that are sufficiently mannish to satisfy him but which are also comfortable and healthful.

Miss Scott says that, if she were dressing a school boy, she would aim first of all to dress him like a boy, not like a man and not like a little Lord Fauntleroy or even a soldier or sailor. A boy's clothes need to be designed for real boy play-- plenty of freedom of movement and no restrictions.

"Why not dress him in these attractive little sailor suits or military outfits?" mothers frequently ask.

Of course, these picturesque costumes appeal, so far as appearance goes. But think of the big floppy collar on the sailor suit? Isn't that going to be a bother every time Tommy puts on his outside wraps? Think of the tightly cuffed sleeves, the trousers that fit too snugly around the hips, and the big, baggy legs that flop around in the dirt and will hamper any young fellow whether he is trying to make a home run or pitch marbles.

Miniature men's suits may make Tommy feel grown-up, but, when he gets out after school to play games, the long, belted-in trousers, the tight vest, the man's coat and high collar will lose much of their charm because they hamper his activities.

For knee-freedom, which every successful active boy should have, short trousers.. And for arm and chest freedom, loose, comfortable and simple blouses and sweaters are the thing.

The six-year-old can still wear his comfortable button-on, wash suits. But for the older boy, choose separate blouses with trunks or nickers---trunks preferably for knee freedom.

That's all about clothes just now.

We're having a cream-soup supper or lunch for the youngsters today, and a novelty cream soup at that. Cream of green tomato soup--a new way to use those green tomatoes on your vines. With the soup we're serving whole-wheat toast; then, Apple and celery salad with mayonnaise or boiled dressing; and, for dessert, Maple rice custard.

I don't know what I'm going to do. There are two recipes I'd like to give you today and only barely time for one. Shall it be the maple rice custard or the green tomato soup? Well, how about writing the maple rice directions now? And, if you'll bring pencils, tomorrow I'll give you the soup recipe.

By the way, the Menu Specialist tells me that there is a mimeographed collection of green tomato recipes ready for you at the Bureau of Home Economics. If you send for a copy immediately, you can use up those left on your vines before the frost arrives.

Now the maple rice custard.

Eight ingredients. Let's write them:

1/2 cup rice	3/4 cup maple sirup
4 cups boiling water	3/4 teaspoon salt
2 tablespoons butter	1/2 teaspoon vanilla
2 cups milk	2 eggs

Once more, (Repeat)

Wash the rice and cook it gently until just tender and until almost all the water has been absorbed. Add the butter, milk, maple sirup, salt and vanilla. Beat the eggs well. Pour some of the hot liquid into the eggs and then stir this into the remaining mixture. Add more salt if needed. Pour the custard into a greased baking dish and bake about 40 minutes.at a moderate temperature - or until set. When the pudding is partially set, stir it to prevent the rice from becoming solid on the bottom of the dish. Serve it hot or cold.

Thursday: "Kitchen Walls and Curtains."

